7 Low-Carb Hacks to Help You Feel Full All Day

One of the biggest concerns that you may have about the low-carb diet is staying full. Without a large quantity of carbohydrates to fill your meals, you may wonder if you will feel hungry.

Try these tips to avoid that low-carb hunger:

1. **Ground almond flour.** Instead of using regular flour, switch to ground almond flour for your meals.
    - **This low-carb hack is filled with protein, and you'll feel full while using it.**
    - You can make a variety of items with almond flour, such as pancakes, muffins, or bread. Almond flour is versatile and filling, so you won't miss regular flour.
2. **Cauliflower rice.** Did you know that you can use cauliflower as a substitute for mashed potatoes?
    - Cauliflower is a healthier choice than regular potatoes and is considered a lower carbohydrate vegetable. You can grind up and mash cauliflower to make mashed flakes.
    - You can also use ground up cauliflower as rice and create a pizza crust from it. Top the pizza with your favorites.
3. **Spiralized vegetables.** A spiralizer is a simple kitchen tool that you can use to make vegetables into tiny strips that resemble noodles. If you don't have one, then you can use a sharp knife to cut up the veggies into small strips.
    - This low-carb hack lets you make your own healthy pasta and noodles.

    - Zucchini tends to be the most popular vegetable to spiralize in the kitchen. However, you can also experiment with eggplant, peppers, and other veggies. **The key is to pick a firm one that can be cut into little pieces with ease.**

4. **Lettuce wraps.** One of the easiest low-carb hacks is to make wraps or tortillas with lettuce instead of flour items.

    - Wrap your favorites such as meat, vegetables, and salsa in a lettuce wrap to reduce the carbohydrates.

    - The wraps will still taste delicious, but they'll have lower calories and more nutritional value. You don't have to stick with iceberg lettuce and may want to try other varieties as you experiment in the kitchen. You can even use cabbage leaves to make the wraps.

5. **Vegetable chips.** Regular potato chips won't work on a low-carb diet, but vegetable chips you make yourself at home are fine.

    - **Bake your chips in the oven and serve them with sea salt, olive oil, or spices.**

    - You can make vegetable chips from zucchini, eggplant, squash, and other foods. Pick your favorites and cut them into bite-size pieces. Kale, spinach, and sweet potatoes all taste delicious as baked chips.

6. **Use citrus flavor.** Lemons and limes make great low-carb substitutes for traditional salad dressings and sauces that may have too many calories. A squeeze of lemon or lime can add instant flavor to a salad, soup, casserole, or other dish.

    - You don't have to worry about carbs with this flavor option. Experiment with it in the kitchen and try adding it to different dishes.

7. **Be creative. The key to staying satisfied on a low-carb diet is to think of creative ways to use the healthy ingredients in your kitchen.** A simple tomato and lettuce can turn into a fun meal with the right low-carb sauce.

    - Don't be afraid to try new vegetables, nuts, or seeds on a low-carb diet.

A low-carb diet doesn’t have to be boring or unsatisfying. Use these tips every day to feel full and happy while eating low-carb.